### EASTRIDGE TRACK & FIELD



## 2nd Annual Lancer Track & Field Invitational

Date: Friday, May 06, 2016

Location: Eastridge High School

2350 E. Ridge Road Rochester, NY 14622

Time: 4:30PM (4:15 Coaches meeting)

Facilities: 8 lane all-weather track with steeplechase pit, 2 LJ/TJ pits, 2PV pits, 2 HJ mats, 1 shot/discus

circle. 2,500 seat stadium for team and spectator viewing with bathrooms located under stadium.

Entry Fee: \$100 per single gender team (plus a voucher) THE FIRST 16 PAID SCHOOLS

\$150 for both boys and girls team (plus a voucher) WILL BE ENTERED IN MEET.

Please send payment to: Make checks payable to:

East Irondequoit Athletic Office

Attn. Sean Curynski 2350 E. Ridge Road Rochester, NY 14622 "Eastridge All Sports Boosters"

Please email intent to participate by Friday, April 22nd to:

Sean\_Curynski@eastiron.monroe.edu

Entries: Entries will be done online through Yentiming.com.

I will email you when the entry window will be available for you to enter your team online.

Each team will be allowed to enter 4 athletes for all laned events (4 girls & 4 boys) and unlimited

entries for non-laned events.

In the field events, you may enter 3 boys and 3 girls per field event.

Athletes will be allowed to do 4 events.

Results: Fully Automated Timing provided by Yen timing and results will be posted on Yentiming.com

Awards: Team Trophies-

Boys Winning Team Scoring- 10, 8, 6, 5, 4, 3, 2, 1 Girls Winning Team Ribbons 1- 8 in each event

Other: Concession stand will be open

T-shirts will be available for sale Spectator parking on school campus

Bus parking will be in front of the school parallel to Ridge Road

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#### Order of Events:

All running events will be conducted as finals. Sections, lanes and flights will be seeded according to entry times or distances. Sections will run from slow to fast. All athletes in running events will wear a hip number.

#### Track Events

G/ 100m Hurdles

B/ 110m Hurdles

G/ 2000m Steeple (Unlimited entries)

B/3000m Steeple (Unlimited entries)

G/4x100m Relay

B/4x100m Relay

G/4x400m Relay

B/4x400m Relay

G/ 1500m Run (Unlimited entries)

B/ 1600m Run (Unlimited entries)

G/100m Dash

B/ 100m Dash

G/400m Dash

B/400m Dash

G/3000m Run (Unlimited entries)

B/ 3200m Run (Unlimited entries)

G/ 400m Hurdles

B/400m Hurdles

G/800m Run

B/ 800m Run

G/200m Dash

B/ 200m Dash

G/4x800m Relay

B/ 4x800m Relay

## Field Events

Boys Discus/Girls Shot Put, then...

Boys Shot Put/Girls Discus

Boys Long Jump (East pit)

Girls Long Jump (West pit)

Boys Triple Jump (West pit)

Girls Triple Jump (East pit)

Girls High Jump (Start at 4' 00")

Boys High Jump (Start at 5' 00")

Girls Pole Vault (Start at 7' 00")

Boys Pole Vault (Start at 8' 00")

*New for 2016-*

All athletes will get 3 throws. Top 9 athletes advance to finals and get 3 additional throws.





# Eastridge Lancer Track & Field Invitational Meet Records

<b>Boys Events</b>	Name	Grade	Record	School	Year
100m Dash	Earnest Edwards	11	11.21	Aquinas	2015
110m Hurdles	Warren Carter	11	15.45	Aquinas	2015
200m Dash	Aquil El-Amin	12	22.88	Uprep	2015
400m Run	Jarrett Laskett	12	51.61	Batavia	2015
400m Hurdles	Josh Murray	11	60.48	Robert Brown (Edison)	2015
800m Run	Macrae Kozody	12	2:04.19	Fairport	2015
1600m Run	Josh Roman	12	4:31.07	Fairport	2015
3000m Steeple	Dawson Bathgate	11	10:15.02	East Rochester	2015
3200m Run	Mike Mallow	11	9:56.19	Fairport	2015
4X100m Relay			44.30	Uprep	2015
4X400m Relay			3:35.37	Batavia	2015
4X800m Relay			8:17.67	Fairport	2015
<b>Boys Events</b>	Name	Grade	Record	School	Year
Long Jump	Brandon Leiter	10	19' 07.00"	Webster Thomas	2015
Triple Jump	Justin Butler	12	41' 05.00"	UPrep	2015
High Jump	Earnest Edwards	11	6' 03"	Aquinas	2015
Pole Vault	Jack Smith	11	12' 00"	Webster Schroeder	2015
Shot Put	Devon Koepp	12	52' 03.00"	Batavia	2015
Discus	Devon Koepp	12	156' 02.00"	Batavia	2015

Year	Winning Team	<b>Points</b>
2016		
2015	Batavia	140.50



# Eastridge Lancer Track & Field Invitational Meet Records

<b>Girls Events</b>	Name	Grade	Record	School	Year
100m Dash	Camille Dixon	11	12.73	HAC	2015
100m Hurdles	Alana Morrow	11	15.75	Mercy	2015
200m Dash	Camille Dixon	11	25.95	HAC	2015
400m Run	Emem Ikpot	12	58.87	Mercy	2015
400m Hurdles	Justina Sanders-Schifano	12	1:05.78	Sodus	2015
800m Run	Kelly O'Hara	11	2:29.33	Webster Thomas	2015
1500m Run	Veronica Wojnowski	10	5:06.69	Eastridge	2015
2000m Steeple	Stephanie Wojnowski	12	7:55.32	Eastridge	2015
3000m Run	Eileen Reinhardt	10	11:23.48	HAC	2015
4X100m Relay				Webster Thomas	2015
4X400m Relay				Batavia	2015
					2010
4X800m Relay				Mercy	2015
				Interes	2015
Girls Events	Name	Grade	Record	School	Year
Long Jump	Justina Sanders-Schifano	12	16' 09.00"	Sodus	2015
Triple Jump	Leanna Harris	11	33' 03.00"	Eastridge	2015
High Jump	Tamia White	09	5' 00"	Sodus	2015
Pole Vault	Alexis Duggan	11	9' 00"	Webster Schroeder	2015
Shot Put	Madeline Pizzo	11	31' 00.50"	Mercy	2015
Discus	Gabrielle Bell	12	103' 08.00"	Fairport	2015

Year	Winning Team	<b>Points</b>
2016		
2015	Mercy	110